

Bachelor thesis „Evaluating the amount of physical activity of football players at grade level“ deals with finding new knowledge concerning the size and composition of the physical activity of adolescent football players. In the theoretical part are being collected knowledge about physical activity and health recommendations concerning the composition for the age group of adolescents. Amount of physical activity was measured by heart rate sensor, accelerometers and a written record. The evaluation, which is given in the final part of the thesis shows that adolescent football players at grade level are below health recommendations for daily energy expenditure in the prevailing number of days of the week. In contrast, in the days when ongoing training units, they exceed recommendations several times. Regarding the average length of sleep, it was found, that the majority of players younger from both categories exceeds recommendations for their age while the results of most players of the older category correspond health recommendations.